SUMMER CLASSES
PAGE 4

STUDENT ART
PAGE 6

CLUB DATES & TIMES
PAGE 8

Home of the Arctic Dragons

Mat-Su Monitor

MARCH 2025 FREE VOLUME 47 NUMBER 4

Student Government Elections

Getting involved with your student government is a great way to help develop leaderships skills while making a positive impact on campus.

Nominations are open for President, Vice-President and Senator positions.

Application deadline April 5. Application packets available here:

Mat-Su College
University of Alaska Anchorage

Sticker Contest

Win a 3-Credit Tuition Waiver

Contest open to registered MSC students with a 2.5 GPA or better.
Design must be submitted by 5pm on March 31, 2025.
Design must feature Mat-Su College colors, logo and the year 2025.
Winner to be announced by April 9, 2025.

For complete rules and info, scan the QR Code or visit
matsu.alaska.edu/academic-programs/fine-art/sticker-competition

The University of Alaska (www.alaska.edu) is an Equal Opportunity/Equal Access Employer and Educational Institution.
The University is committed to a policy of non-discrimination (www.alaska.edu/nondiscrimination) against individuals on the basis of any legally protected status.

Finals Schedule

Get ready for **Finals Week** April 29 - May 3. Final schedules are posted by the Office of the Registrar. Use the link below or scan the QR code to find a final exam. You can search by instructor name, CRN, or subject and course.

https://www.uaa.alaska.edu/students/finals/

INDEX

Student Government 3
Summer Classes 4
Community Events.....5
Student Art.....6
Opinions 7
Club Corner.....8
Puzzles.....10

Gabie, making her debute as a Mat-Su College student support dog, visited students on campus for the first time during mid-terms offering relaxing cuddles and kisses.

More pictures on page 11

Opinion: Where did all the fliers go?

By Braden Quade

If you are a Mat- Su college student, you may have noticed that in early March all the General Use bulletin boards were empty for the first time in years. You may wonder, "WHERE DID ALL THE FLIERS GO?"

I can tell you that the flYers were all taken down. ALL OF THEM. You might be wondering, why did this happen?

Well, about a week ago, the federal government told all staff and faculty in charge of college advertising to revise the non-discrimination statement that is supposed to be on the bottom of every college advertisement.

On his first day in office Donald Trump issued an executive order calling for an end to DEI programs in the federal government, including all schools. UAA was told that if they did not revise

See **FLYERS** *page 11*

Commencement Ceremony

Congratulations on your accomplishment! Years of hard work and dedication culminate in this timeless academic tradition and celebration of student success. Mat-Su College faculty and staff extend their heartfelt congratulations to all of our graduating students. This year's ceremony will be held on May 9, 2025, at 7:30 pm, at the Glenn Massay Theater.

You've tracked your progress in your UAOnline DegreeWorks and nearly completed all the requirements for your degree. You're ready to apply to graduate. You can apply now for graduation and don't need to wait until your last class is done.

For issues with courses or degree programs not showing in DegreeWorks as expected, stop by Student Services.

To be eligible for graduation at the end of a given semester, a student must be formally admitted to the degree or certificate program and submit an application for graduation through UAOnline.

- Reserving your cap and gown - **FREE**
- RSVP for the ceremony - **FREE**
- Honors Cords - **FREE**
- Diploma and photos - **FREE**
- Feeling of a job well done - **PRICELESS**

Visit our website to get more information https://matsu.alaska.edu/offices/student-services/graduation/

Upcoming events:

March 20: Opening "Annie" GMT

March 24: Fall 2025 schedule viewable on UAOnline.

March 25: MSMCS info night. GMT 6pm

March 28: Deadline to apply for graduation to be included in the commencement ceremony and program.

April 5: 2025 Student Showcase 10am.

April 28-May 1: Therapy dogs 10 am - 2pm FSM lobby.

April 29 - May 3: Finals

May 2: Painting showcase 4 pm Art Gallery.

May 3: Out of the Darkness walk. 11 am

May 8: Grades available online.

May 9: Commencement GMT 7:30

Club meeting times:

ADVET Club: Every other Wed. 2:30 FMS 112.

Bible Club: Tues. 3-4 FSM 106

Gay Straight Alliance LGBTQIA+ club: Wed., 2:30 - 3:30 PM, FSM 106

Human Services Club: TBA

Mat-Su Monitor: Wed., 1-2 PM, OLB 214

Student Government: Tues., 1:30 - 2:30 PM, FSM 106

Robotics club: Mon- Wed. 1:30 - 3:30 JKB 120.

Table Top Gaming Club: Thurs 2:30 -4:30 Cafe.

Mat-Su Monitor
March 2025

Interview For Tanjala Eischens: Cook in the Cafe

Tanjala Eischens at the Mat-Su College Cafe

Monitor: Thank you for allowing me to interview you! I love the Cafe and your amazing food. Who inspired you to start cooking in the first place?

Tanjala: My grandma taught me to cook when I was 3 years old. Out of all the things I have ever done it has been the one thing that felt most natural to me! It was a God-given talent I suppose.

Monitor: How long have you had a business in cooking?

Tanjala: I have been working in the food industry for over 20 years!

Monitor: Why did you decide to work in Alaska of all the places you could be?

Tanjala: Well, me and my husband Alan live here! Al was born here, and I had always wanted to visit. We drove all the way up here from Colorado in 2007!

Monitor: DROVE!? That is quite the commitment! Why did you decide to work at the college, out of all the places in the Mat-Su Valley?

Tanjala: Why here? Well, we like the positive atmosphere! We worked at a hunting and fishing lodge before this and it was dreary at some times of the year! So when we saw the opportunity to work at a college, a place of optimism and learning, we jumped right on the opportunity! We love it here!

Monitor: Could you tell me a little bit more about the cafe?

Tanjala: Of course! Tuesdays we have free coffee! We also have monthly drawings for special prizes. We have daily specials Monday through Friday, and we have a special thing we do. Whenever a student is hungry, even if they cannot pay right at this moment, we will make sure they do not leave the cafe hungry. We have specialty coffees, smoothies, lemonade, a fridge full of sodas, lotus drinks, salads, burgers, quesadillas, a variety of breakfast items, and much more. We also allow payment with your UAA WolfCard! Stop by anytime! We would love to make sure your lunch is affordable and delicious!

Mat-Su College Cafe decorated for Valentines Day

We Are The Arctic Dragons

By Ama Scott

Why is the Arctic Dragon our mascot? Many years ago, Mat-Su College students voted to adopt the Arctic Dragon as their mascot. The dragon represents power, intellect, resilience, and a hint of mysticism, making it an ideal emblem for this modern institution of higher learning.

Colleges across the nation boast a variety of mascots, from the traditional bear and lion to the more frivolous like the fighting pickles from the University of North Carolina School of Arts and banana slugs at the University of California, Santa Cruz. But amid this diverse collection, one creature stands apart, radiating an aura of untamed power and ancient wisdom: the Arctic Dragon. Our mascot, Sophia (named after the Greek goddess of wisdom) is the ultimate Arctic Dragon.

The connection to intellect parallels Mat-Su College's mission "to transform student aspirations into realities..." Beyond its intimidating look, the Arctic Dragon symbolizes intellectual prowess. Dragons in lore are often associated with wisdom, they are considered a force, keepers of ancient secrets, and a wealth of knowledge. The Arctic Dragon isn't just about brute force; it represents the power of the mind, the pursuit of understanding, and the relentless quest for truth. It suggests that the students and faculty of this institution are not just strong, but also intelligent, strategic, and capable of overcoming challenges through wit and ingenuity. The dragon's association with hidden knowledge also hints at the transformative power of education, the unlocking of potential, and the revelation of new perspectives.

The Arctic Dragon's imposing figure naturally inspires awe and respect, creating a sense of pride for our student body. It is a creature that thrives in the harshest of environments, a survivor that has weathered countless storms those of which Alaskans are all too familiar with. Imagine this majestic beast, with its scales shimmering like glacial ice, its powerful wings capable of generating fierce blizzards, and a piercing gaze that reflects centuries of knowledge. Its very presence elevates our institution's image. The Arctic Dragon's icy origins evoke a sense of resilience and adaptability. This resonates with the challenges faced by our students – the long nights of study, adverse weather conditions, rigorous research, and the constant push to innovate and discover. The Arctic Dragon symbolizes strength to persevere, abilities to adapt to changing circumstances, and an unwavering determination to succeed, even in the face of adversity. It sends a message that this institution fosters individuals who are not only intelligent and strong but also resilient and capable of overcoming obstacles.

This sense of shared identity and tradition in the imagery of the Arctic Dragon, strengthens the bonds for all who are part of the Mat-Su College. Arctic Dragons possess an air of wonder that sets them apart from more commonplace mascots. Its connection to the frozen north, to unexplored territories, and ancient legends, adds an element of intrigue and wonder into our midst. It sparks the imagination, inviting all who pass through these halls to embrace the mythology surrounding Sophia and to feel that connection to our campus.

The Arctic Dragon is more than just a mascot; it is a symbol of strength, intelligence, resilience, and wonder. It represents the ideals of higher education, the pursuit of knowledge, and the unwavering spirit of those who dare to brave the unknown. It is a creature that commands respect, inspires awe and embodies the very essence of what a college mascot should be. The frozen breath of Sophia, our Arctic Dragon, is not just a chilling wind; it is the breath of victory, propelling those who pass through these walls toward a future of greatness. We are the Arctic Dragon.

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Submissions policy

Students are invited to submit articles and letters to the editor to matsu.monitor@alaska.edu or at https://matsu.alaska.edu/monitor. The Mat-Su Monitor will not accept anonymous submissions, though with prior arrangement articles of a sensitive nature can appear anonymously. All submissions are subject to editing and will only appear with the approval of the editor.

Disclaimer

The Mat-Su Monitor is the student newspaper of Mat-Su College. The Monitor aims to report college news and serve as a forum for student writing. The Monitor seeks submissions of news, editorials, and short fiction from all students, staff, and faculty of Mat-Su College. All students are invited to attend the Monitor's weekly meetings. Details on participating in or submitting content to the Monitor can be found at https://matsu.alaska.edu/monitor

The Mat-Su Monitor is funded by the Mat-Su College Student Government Association and our advertisers. For information on advertising in the Monitor contact Micah Muer at mwmuer@alaska.edu or 907-745-9758.

The opinions expressed the Monitor article are solely those of its authors. They do not necessarily reflect the opinions or policy of the college, its students and employees, or the wider University of Alaska system.

Student Government Elections

Mat-Su College Wants You... to get the most out of your college experience. Joining student government is a wonderful opportunity to help the community while also helping yourself.

All positions will be up for election. Voting will take place April 14-18, 2025. If you are interested in running, make sure to review, complete, and turn in your candidate packet by 5pm on April 5, 2025. More information on our webpage.

Criteria for Eligibility:

- Enrollment in at least three credits at Mat-Su College
- Minimum of 2.5 cumulative UAA GPA
- Good disciplinary standing with UA

If you would like to attend a student government meeting, they are currently held every Tuesday from 1:30pm - 2:30pm in room FSM 106.

MSC SGC

Get involved with your
STUDENT GOVERNMENT
Meetings Tuesdays
1:30 - 2:30 FSM 106

FREE PIZZA!

Have a slice on us! Stop by to watch your Student Govenrment in action and grab a slice of pizza. Pizza will be served at the following meetings:

Mar 18, Apr 15 in FSM 106.

MAKE A POSITIVE IMPACT IN YOUR COMMUNITY

Play an important role on the Mat-Su College Campus. Being on a committee can help to enhance your career, give you a chance to give back to your community, and give you the opportunity to challenge yourself by helping to shape your society.

Join a Mat-Su College Student Government Council Committee

Or join or create a student club

Clubs are a great place to meet like minded people, have fun, learn new things and relax.

Table Top Gaming Club	Human Services
Gay Straight Alliance	Gamers Club
Math Club	Robotics Club
Bible Club	Mat-Su Monitor
ADVET Club	

Joining a committee or club looks good on resumes as well as gives you a chance to connect with fellow students, staff and faculty. You owe it to yourself to try them out. If you don't see a club that interests you, can start one of your own. Student Government will fund you up to $300 to cover expenses. You can pick up a form at the Student Government office in JKB 114, near the café.

Student Government Report

STUDENT GOVERNMENT meetings Tuesdays 1:30 FSM 196. **All students welcome.**

- Discussion of SGC budget
- Reports from Student Media Board, Planning Committee, Election Committee
- Old Business:
  - Student representatives heading to Juneau.
  - Report on January dance.
- New Business:
  - Pizza Parties during Student Government meetings 3/18, 4/15 - **All students welcome**.
  - Todd Johnson documentary on Climate Change April 8
  - Spring Dance April 11th - Roaring Twenties
- Club reports; GSA, ADVET, Robotics, Bible Club, JEDI, Human Services/Journey
- PLANNING COMMITTEE meetings Tuesdays 2:45 JKB 114

Business owners!

The Mat-Su Monitor is a great place to advertise your business or event. The Monitor has a wide circulation, with thousands of copies inserted in the Frontiersman and distributed throughout the Valley. We also have low rates:

Ad Size	Cost
3" by 3"	$75
5" by 5"	$125
7" by 7"	$175
Full page	$300
Full page, back	$375

Moreover, the Monitor runs relatively few ads, which ensures that your ad will stand out. Finally, advertising in the Monitor demonstrates your support for local students. For more on advertising, call 745-9758.

04 SUMMER CLASSES

Summer Schedule 2025 May 19 - August 2

ANTHROPOLOGY
*Alaska Native Cultures

ART
Two-Dimentional Design
*Art Appreciation
Introduction to Art Education
*History of Western Art I

BUSINESS ADMINISTRATION
Business Foundations

CHEMISTRY
*General Chemistry I & Lab
*General Chemistry II & Lab
*Intro to Organic/Biochemistry
Chem Skills & Problem Solving

ECONOMICS
*Principles of Macroeconomics

GEOGRAPHY
*Intro to Global Geography

GEOLOGY
*Planet Earth

HISTORY
*Western Civilization I
*Western Civilization II
*History of United States
*History of Alaska

HUMAN SERVICES
Selected Topics

MATHEMATICS & STATISTICS
*Elementary Statistics
Intermediate Algebra

MEDICAL ASSISTING
Essentials of Human Disease
Your Health & Social Services Career

PHILOSOPHY
*Introduction to Philosophy
*Intro to Logic

PSYCHOLOGY
*Lifespan Development
*Intro to Psychology
Psychology of Sex & Gender

QUANTITATIVE SKILLS
*College Algebra for Calculus
Elementary Algebra
*Art of Mathematics

SOCIOLOGY
*Introduction to Sociology

VETERINARY ASSISTING
Veterinary Assistant Practicum

WRITING
*Writing & the Professions
*Writing Across Contexts

This list is subject to change. Visit matsu.alaska.edu and click "Course Schedules" for the most up-to date schedule.

**Indicates class meets GER requirements*

Semester runs May 19 - August 2

From the Office of Financial Aid.

- The Alaska Performance Scholarship (APS) and Alaska Education Grant (AEG) FAFSA 2025-2026 deadline is June 30. Complete the FAFSA tinyurl.com/2j69h9ry to automatically apply.
- For VA benefits get your VA Certificate of Eligibility: https://www.va.gov/education/. For more information on your benefits visit www.matsu.alaska.edu and click on "Current Students" then under "Tuition|Finance" choose "Veteran|Military". Be mindful that all students must submit A "Request to be Certified" form each semester.
- The 2024-25 FAFSA application is open for summer classes. The 2025-2026 FAFSA is open for Fall at tinyurl.com/2j69h9ry Be sure to complete the application as early as possible to ensure you receive the maximum amount of funding available to you!
- If you still have questions, log in to one of our FAFSA/Financial Aid ZOOM Workshops: https://matsu.alaska.edu/offices/student-services/financial-aid/

Now for the Fake News...

Mat-Su College Professional Development Courses | Adult Education - Spring '89

This list of comedy classes was taken in part from the Mat-Su Monitor November-December 1988 issue
Disclaimer: The university has not and will not be offering any of these classes

== Self improvement

SI500 Creative Suffering
SI501 Overcoming peace of mind
SI502 You and your birthmarks
SI504 The primal shrug
SI507 Dealing with post-realization depression
SI508 Whine your way to alienation
SI509 How to overcome self-doubt through pretense and ostentation

== Business and career

BC601 How I made $100 in real estate
BC602 Money can make you rich
BC604 Career opportunities in El Salvador
BC606 The underachiever's guide to very small business
BC607 Tax shelters for the small minded
BC608 Looters guide to American cities
BC609 Mortgage reduction through arson
BC610 Industrial real estate opportunities in India

== Practical economics

EC403 Convert your Kirby vacuum to a fully-automatic rifle
EC404 How to convert your family room into a garage
EC405 Burglarproof your home with cement
EC406 Basic kitchen taxidermy
EC407 Sinus drainage at home
EC408 1001 uses for your Kirby vacuum
EC410 How to convert a wheelchair into a dune buggy
EC411 Christianity and the art of R.V. maintenance
EC412 Cat hair macramé
EC413 What to do with your conversation pit

== Health and fitness

HF202 Creative tooth decay
HF203 Exorcism and acne
HF204 The joys of hypochondria
HF207 Biofeedback and how to [?]
HF208 Skate yourself to regularity
HF210 Tap dance your way to ridicule
HF211 Optional body functions

== Arts and Crafts

AC303 Self-actualization through crochet
AC305 Cuticle crafts
AC306 Bonsai your pet

HEALTHCARE WORKERS ARE IN DEMAND!
Many jobs require training but not a degree.
Mat-Su Health Foundation vocational scholarships can help!

MAT-SU HEALTH FOUNDATION
Apply today at healthymatsu.org

YOU ARE INVITED TO A HEALTH FAIR!

Alaska Health Fair INC
nonprofit serving Alaskans since 1980

Let's have some community fun together! Registration is recommended for faster services; walk-ins welcome. Health fairs are free community events. Bring your friends! We hope to see you at the Health Fairs!

SAVE THE DATE!

March 8th 9am-1pm	**FYZICAL Therapy and Balance Centers 650 N. Shoreline Dr, Wasilla AK**
March 15th 9am-12pm	Palmer Depot 610 S. Valley Way
April 5th 8am-12pm	**Wasilla Senior Center 1301 S. Century Circle**
April 5th 9am-12pm	Willow Community Center 23625 W Willow Community Center Cir
April 26th 8am-12pm	**Chugiak-Eagle River Senior Center 22424 Birchwood Loop Road**
May 3rd 8am-12pm	MidValley Senior Center 11975 W Mid-Valley Way, Houston AK

Help us keep Alaskans healthy!
Medical and non-medical volunteer opportunities are available. Volunteering for AHF meets continued competency requirements for RN license renewal.

Affordable Blood Tests
Available to persons 18 years and older.

Chemistry/Hematology profile	
27 tests including CBC, CMP, LIPIDS	$45
TSH- Thyroid Stimulating Hormone	$40
PSA-Prostate Specific Antigen	$25
Vitamin D	$55
A1C-non-fast glucose	$25
Blood Typing	$25
Vitamin B12	$40
Ferritin	$40
Testosterone	$55

For more information and to register, visit www.alaskahealthfair.org or call 907-278-0234

Attn: nonprofits and businesses; we offer free exhibitor space to qualified organizations to educate on a health, wellness, or safety topic.

Alaska Photographic Center Announces 'Rarefied Light' 2024 Exhibit and Tour

https://akphotocenter.org/rarefied-light-2024-awards-travel-schedule/

The Alaska Photographic Center (APC) is a statewide organization formed in 1983, with a mission to promote fine art photography in Alaska. Each year APC seeks out a nationally recognized artist to jury the Rarefied Light show and present a public lecture and workshop. Rarefied Light is Alaska's largest annual fine art photography exhibition. This year we received 386 entries by 60 Alaska artists.
Guest juror Aline Smithson, Los Angeles, selected 48 photographs by 45 artists for inclusion in this year's exhibition.

Best of Show is awarded to:
Michael Johnson, Anchorage "JJ"

In addition, Aline chose 5 pieces for the honorable mention award.
Bill Huebner, Anchorage, "Matanuska Glacier Silt Stream - 8373"
Bill Hess, Wasilla, "Wasilla, Alaska: Where that Lonesome Whistle Blows"
Richard Murphy, Anchorage, "Freestone, Tadpole"
Carolyn Strand, Anchorage, "The Amazing Yard Statues"
Kerry Tasker, Anchorage, "Cloud Chamber"

The show will exhibit at Mat-Su College Gallery, Palmer, March 3rd to 31st.

MSMCS
MAT-SU MIDDLE COLLEGE
NOW ACCEPTING APPLICATIONS
GRADUATE HIGH SCHOOL WITH UP TO 60 CREDITS!
Family Information Night Webinar posted at https://www.matsuk12.us/domain/6968
Go to matsuk12.us/msm for more information!
MATANUSKA-SUSITNA BOROUGH SCHOOL DISTRICT
or 907.761.3495
907.761.3498
MSM@matsuk12.us
www.matsuk12.us/msm

La poire

"MISTY LANDSCAPE"

Denali Is Denail: An Opinion Piece:

By Braden Quade

Denali is the highest mountain peak in North America, with a summit elevation of 20,310 feet (6,190 m) above sea level. It is the tallest mountain in the world from base to peak on land, measuring 18,000 ft (5,500 m). Denali is the third most prominent and third-most isolated peak on Earth, after Mount Everest and Aconcagua. Located in the Alaska Range in the interior of the U.S. state of Alaska, Denali is the centerpiece of Denali National Park and Preserve.

The Koyukon people who inhabit the area around the mountain have referred to the peak as "Denali" for centuries. In 1896, a gold prospector named it "Mount McKinley" in support of then-presidential candidate William McKinley, who later became the 25th president; McKinley's name was the official name recognized by the federal government of the United States from 1917 until 2015. In August 2015, 40 years after Alaska had done so, the United States Department of the Interior under the Obama administration announced the change of the official name of the mountain to Denali. On January 24, 2025, the Department of the Interior under the Trump administration changed the mountain's official name back to Mount McKinley.

In my opinion, the name should not have been changed back to Mount McKinley. For one thing, we Alaskans got no say in the decision. The Alaskan name of Denali is an Athabascan word that means "the high one" or "the great one". The name is inherently Alaskan. McKinley is not an Alaskan name at all, as the president was born in Niles, Ohio.

Another reason the name change should not have been changed is because of all the advertising and signs that will have to be remade to make up for the change. It will waste thousands of dollars that we could spend on more useful things.

Heather's Top 8 Ways to Fail a Class

By Heather Deadmond
Originaly printer Summer 2017

#8. Procrastinate on *everything*.

Due tomorrow? Do tomorrow.

#7. Don't bother talking to your classmates or professor.

Many people have said that your classmates and professors are there to help you when you need it. They are handy for such things as reminding you of due dates, sparking ideas, and engaging in healthy debate and discussion. But what do *they* know?

Trying to do everything yourself is a sure-fire way of reaching your goal.

#6. Leave as early as possible.

There are so many better things you could be doing with your time other than studying for a successful future, right?

That lunch date is *so* much more important than the upcoming exam review day!

You gotta do what you gotta do.

#5. Homework? That exists?

I've heard of this thing they call "homework". Apparently it's not fun, and definitely useful for passing a class. Best to avoid it all together. Put those due dates from your mind and keep watching Netflix. Especially when *Stranger Things* season 2 comes out this Halloween, everyone's grades are going to plummet anyway. (I know mine will!)

#4. Sleep in!

Your brain needs sleep, much more than it needs knowledge. Good for you for taking care of what's really important!

#3. Don't read anything that you're assigned.

You may have heard from some people that reading assignments are

See **TOP 8** *page 11*

Mat-Su College/UAA students and Alumni can access thousands of internships and jobs, discover career and networking events and more, all through Handshake.
alaska.joinhandshake.com
For more information contact:
Mat-Su College Student Services
907.745.9746
Mat-Su College
University of Alaska Anchorage
Handshake
UA is an AA/EO employer and educational institution and prohibits illegal discrimination against any individual

If you or someone you know is homeless or at risk of being homeless, we can help!

We serve clients age 14-25 from 8am to 5:30pm Monday-Friday and 10am to 3:30pm Saturday. We provide all of the following services:

Food
Clothing
Hot Showers
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Job Training
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Call Us:
Main Office: (907)373-4357
24 Hour Outreach: (907)354-4357
Visit Us:
300 N. Willow St.
Wasilla, AK

REDEMPTION
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Developing Alaska's Workforce

MY HOUSE
PODCAST NETWORK

STEAM DRIVEN
BOUTIQUE

Gathering Grounds
CAFE

MY House

You are always welcome here!

Monitor

MEETING TIMES
Wednesdays
1:00 - 2:00
OLB 214

Looking For

- Photographers
- Writers
- Reporters
- Marketing Reps
- Cartoonists
- Artists

Now taking submissions:
Next deadline for entries:
April 4

JOURNEY

Mat-Su College
University of Alaska Anchorage

MSC SGC

GET INVOLVED WITH YOUR
STUDENT GOVERNMENT
Meetings Tuesdays
1:30-2:30 FSM 106

Health & Human Services Club

The information gateway between community help organizations and the Mat-Su College student body.

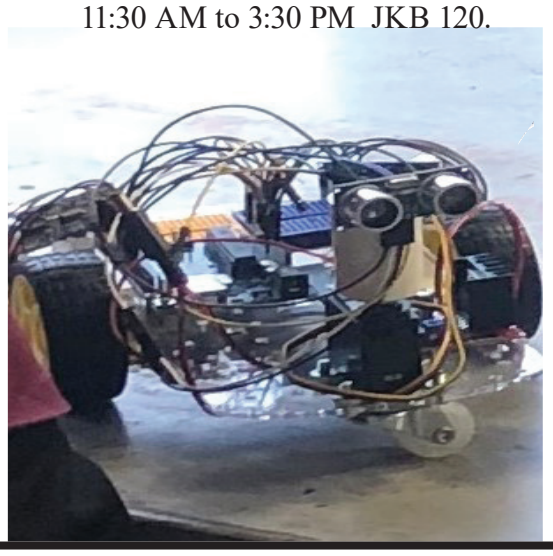
Meeting Times TBA

Contact Dave Evans at
dtevans6@alaska.edu

Robotics Club

Monday - Wednesday

11:30 AM to 3:30 PM JKB 120.



Mat-Su College
University of Alaska Anchorage

MSC Gay Straight Alliance
LGBTQIA+ Student Club

YOU ARE WELCOME HERE

LGBTQIA+ / Gay-Straight Alliance Club Meetings:

Wednesdays	2:30 – 3:30	FSM 106

Advisor: K. Joey Pavia-Jones
kpavia@alaska.edu
Mat-Su College Student Club: Gay Straight Alliance

Tabletop Gaming Club

Mat-Su College
University of Alaska Anchorage

In The Cafe
Thursdays: 2:30-4:30 PM

Play board and card games, listen to music, and vibe with your fellow students! Feel free to bring your board or card games as well (remember to take them home though)!

BIBLE CLUB

When: TBD

Where: FSM 106

ADVET Club

The Arctic Dragon Veterinary Exploration Team is a club focused on exploring the many areas of the veterinary field, working to familiarize its members with what they could expect or what careers exist within. Not only is the club open to members of the Veterinary Assistant Certification and Veterinary Technician programs, but also to people outside of the programs, whether it be other students or people in the community who are curious about the club's activities. We hold bi-weekly meetings. This semester meetings will be :

EVERY OTHER WEDNESDAY

2:30 IN VETT TECH SUITE

We hope to see you at one of our meetings! If you have any questions, you can contact Dr. Montalbano at 907-745-9771 or email her at jemontalbano@alaska.edu.

Mat-Su College / UAA Multicultural Student Services

JOIN THE JEDI ALLIANCE

The JEDI Alliance is a group of student leaders and advocates dedicated to advancing **Justice**, **Equity**, **Diversity**, and **Inclusion** at Mat-Su / UAA. Become an advocate!

Apply Now To Join

- Join a committee focused on awareness, outreach, and adventures!
- Advance belonging and inclusion at Mat-Su!
- Get involved and share your voice!
- Scholarships available!

Questions? Contact Dr. Jennifer Bernard at jdbernard@alaska.edu

Politics and the English Language

By Braden Quade

'Politics and the English Language' (1946) is one of the best-known essays by George Orwell (1903-50). As its title suggests, Orwell identifies a link between his time's (degraded) English language and the degraded political situation: Orwell sees modern discourse (especially political discourse) as being less a matter of words chosen for their clear meanings than a series of stock phrases slung together.

Orwell begins by drawing attention to the strong link between the language writers use and the quality of political thought in the current age (i.e., the 1940s). He argues that if we use slovenly and decadent language, it is easier for us to fall into bad habits of thought because language and thought are so closely linked.

Orwell then gives five examples of what he considers bad political writing. He draws attention to two faults that all five passages share: staleness of imagery and lack of precision. Either the writers of these passages had a clear meaning to convey but couldn't express it clearly, or they didn't care whether they communicated any particular meaning at all and were simply saying things for the sake of it.

Orwell writes that this is a common problem in current political writing: 'Prose consists less and less of words chosen for the sake of their meaning and more and more of phrases tacked together like the sections of a prefabricated hen-house.'

These methods of overusing words and metaphors to intentionally confuse or mislead an audience are still used today! Think about Trump's metaphors about the snake and Kamala Harris' metaphors about "falling out of a coconut tree."

My Mental Health: Do I need Help?

First, determine how much your symptoms interfere with your daily life.

Do I have severe symptoms that have lasted 2 weeks or more?

- Feeling a little down
- Feeling down, but still able to do your job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others

Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm

If so, here are some self-care activities that may help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating Healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptom(s) do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.

Seek professional help:

- Psychotherapy (talk-therapy)—virtual or in person; individual, group or family
- Medications
- Brain stimulation therapies
- For help finding treatment, visit www.nimh.nih.gov/findhelp.

If you are in a crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).

ARCTIC DRAGONS HELPING ARCTIC DRAGONS

FREE FOOD BOXES

Students can pick up a **FREE** food box at the Student Government Office or Campus Cache during office hours, or at the MatSu Food Bank on 5099 East Lupine Drive by showing their **Student ID**.

MatSu Food Bank | Mat-Su College University of Alaska Anchorage | Mat-Su Health Foundation

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LA TIMES Crossword

LA Times, Thu, Mar 24, 2016

By Mel Rosen / Ed. Rich Norris

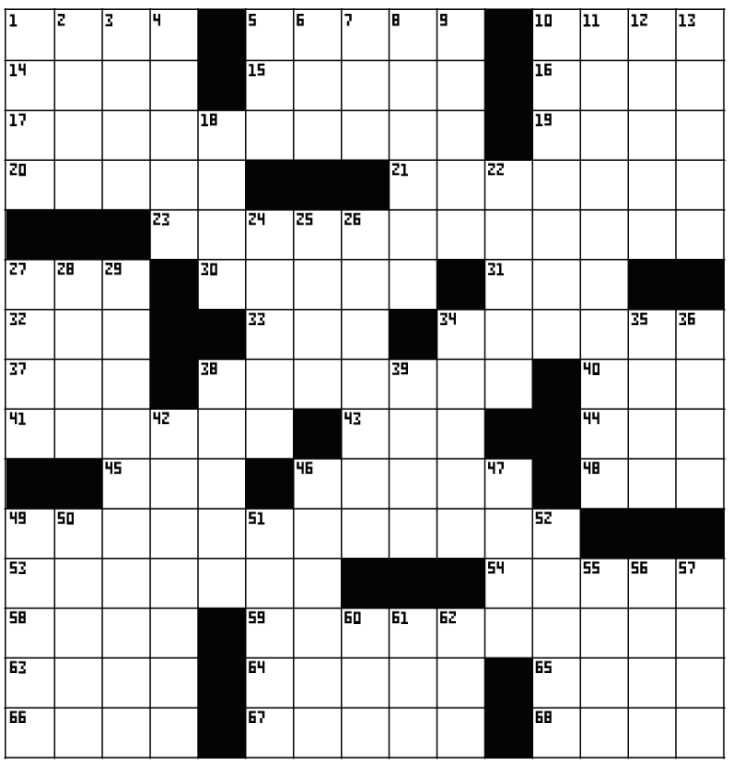
Edited by Rich Norris

ACROSS

1) See 44-Across
5) Bremen or Hamburg, locally
10) Fast-food order
14) Joie de vivre
15) Circus Maximus attire
16) Pizza chain started in Chicago, informally
17) Rich and Chris in a capital?
19) Pond denizen
20) Stumped
21) Fragrant hybrid
23) Billy and Minnie on a road?
27) Pub order
30) Cause harm
31) Capt.'s direction
32) Family member
33) "__ Mir Bist Du Schoen": Andrews Sisters hit
34) Come out
37) i follower
38) Vida and John in a ballpark?
40) i follower
41) Nicks on albums
43) 1980s-'90s gaming console
44) With 1-Across, woodcutter who stole from thieves
45) River island
46) "I gotta run!"
48) Animal in the Chinese zodiac
49) Karen and Adam on a hill?
53) Eellike fish
54) Brand with classic "beep beep" commercials
58) Forte
59) Eddie and Arsenio in a concert venue?
63) Scams
64) __ firma
65) Exam type
66) Some honored Brits: Abbr.
67) Aerosol targets
68) Europe's highest volcano

DOWN

1) Composer Bartók
2) Settled down
3) Cricket equipment
4) Starting stakes
5) Jeanne d'Arc, e.g.: Abbr.
6) Craggy crest
7) Earlier
8) Three-syllable foot
9) Expressed disdain for
10) Often photogenic event
11) A round of 73, usually
12) Use a divining rod
13) Fall flower
18) Acclaim
22) "You __ Destiny"
24) To the manor born
25) Dijon deity
26) Property recipient, in law
27) Nile threats
28) Hot stuff?
29) Affection
34) Campus breeze
35) It might be a big benefit
36) Cut and paste, say
38) Muzzle wearer, probably
39) Derisive shout
42) One way to get backstage
46) Worked in a salon
47) Art major's subj.
49) Rattling sound
50) Golden calf maker, in Exodus
51) "Peachy-keen!"
52) Second-deepest U.S. lake
55) Trading center
56) Feud faction
57) Clay crock
60) Good bud
61) Guess wrong
62) Dorm deputies: Abbr.



More information visit www.freedailycrosswords.com

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S U D O K U

Fill the grid with numbers so that each row, column and 3 x 3 section contains all of the digits 1 through 9.

					2	6	8	7
1			9		5	2	4	
			3			1		5
	8	2	1		7			
7	6	5	8	4		9	1	2
	4				9			8
2	9			6				
6				3	8	4	5	
		3			1		2	

A RIDDLE

For thousands of years,
Seen only in tale.
The wind as a sail,
For one thunderous gale.
Shiny stores rich in lore,
The burning temper, like Earth's core.

ANSWER: A DRAGON

CRYPT-O-QUOTE

Here's how it works: A R C T I C D R A G O N
is B S D U J D E S B H P O

One letter stands for another. In this example the letter B stands for the letter A so all the Bs stand for the letter A, Ds stand for C, etc. Single letters, apostrophes, and word length are all clues. The code letters are different for every puzzle.

D A E V Z K A K Y A G B H A F S E K ,

T Z R A T Z W A Z K ' E E V H Z J M !

- T Z T T I V Q T Z K O A H .

HINT: G=F, W=K

Welcome to Ask Sophia, the Mat-Su Monitor's regular advice column. If you have a question you'd like to see answered, submit it anonymous at https://matsu.alaska.edu/monitor or in the Ask Sophia box in the FSM front lobby.

Ask Sophia

Q. Dear Sophia: How to you get over sexual assault?

A. Dear Friend: I'm so sorry this happened to you. It takes real courage to talk about this. Recovering from sexual assault is a process, and there's no single "right" way to heal. It takes time; be patient and compassionate with yourself. I hope these steps can help you.

• My #1 rule: safety first. If you feel unsafe, develop a plan to ensure your physical and emotional well-being. Think about a safe place you can go, people you can trust, and resources like hotlines or safe houses.

• Talk to someone. Sure, dragons are good company, but I am not a substitute for counseling that can help guide you through the healing process and find ways to deal with those overwhelming feelings. All MSC students can access free counseling sessions through Mat-Su Health Services at 907-352-3252.

• Connect with trusted friends, family members, or support groups. Sharing your experience can help you feel less alone. Consider joining a support group for survivors of sexual assault. Connecting with others who understand can be incredibly validating. Help is available at the National Sexual Assault Hotline, open 24 hours at 1-800-656-4673.

• You are important. Take care of yourself. Prioritize your well-being (sleep, healthy food, etc.). Practice lots of self-care.

• Be kind and gentle with yourself. Healing takes time, and there will be good days and bad days. Allow yourself to feel without judgment. Allow yourself to feel whatever emotions arise, whether it's anger, sadness, fear, or confusion. There's no "right" way to feel.

• Give yourself some time. Be patient with yourself. Healing is not linear. There will be ups and downs. You are not alone. Many people have survived sexual assault, and help is available. It is important to remember that healing is possible.

Q. Dear Sophia: How do I ask someone to prom in a non-awkward way because I barely know them?

A. Dear Friend: Keep it casual and simple; be friendly. Put the focus on getting to know them better; let them know that it's not just about going to the dance. Be like, "I was hoping to get to know you better. How about coming to the prom with me?" Just ask them directly. If they say no… maybe it's just not meant to be.

Q. Dear Sophia: What do I do if I kind of like a guy but he's just so ODD about certain things including the expectations of what will come from our situationship?

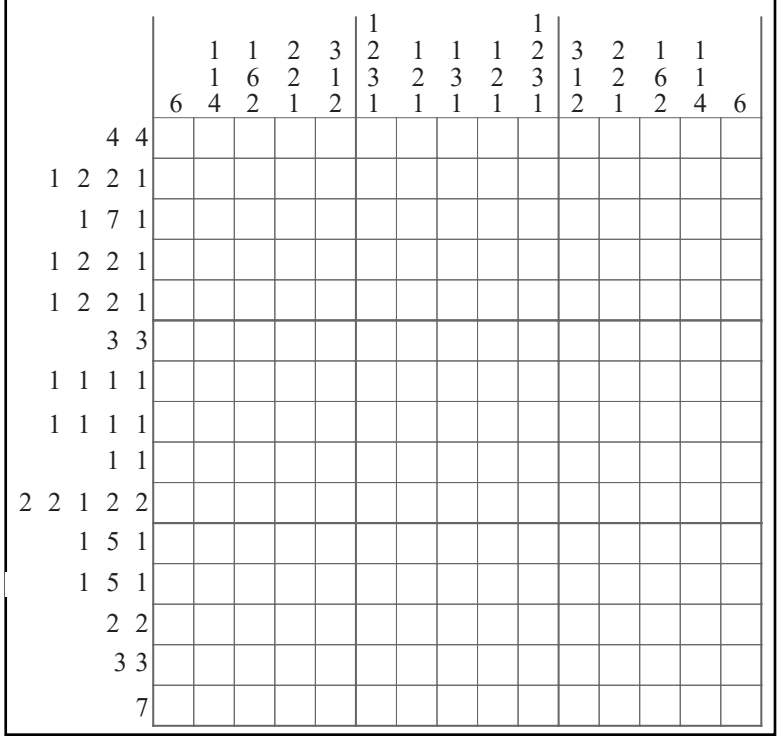
A. Dear Friend: Where to begin? First off, get specific: ODD social behavior, ODD hobbies—is it due to anxiety or is it simply their personality? Figure out exactly what *you* want out of this situationship.

Be honest and open about your feelings. Find a quiet place where you both feel comfortable and then talk and listen. Be prepared to keep it as a friendship if that's the way he feels. Accept that you cannot change people to fit your mold; either meet them as they are or accept that it is time to move on.

Mousey Nonogram — Ninja Puzzles

Mousey Nonogram

Color the squares to match the number patterns.



Flyers *continued from page 1*

the mission statement there would be serious consequences, such as loss of funding.

So, we at the Mat-Su college were forced to take down all the fliers that had the old non-discrimination statement on them.

Now do you know why all this happened? All because of two tiny statements: "illegal discrimination" and "affirmative action."

They have now changed it (you can see it on the website), but all this work was because of four small words. FOUR WORDS. All these advertisements for campus events and clubs? Taken down. All these advertisements for mental health and suicide helplines? Taken down. Hundreds and hundreds of dollars of ink and paper, wasted, gone down the drain.

It may have seemed like "ending DEI initiatives" to some people, but not when it cuts the faculty, staff, and student government off from our students like this. This is a reminder that even a difference of four words can mean so much to a small community campus like ours.

Gabie and Presley pose for a close-up

Gabie and Stannette are vying for student attention.

Gabie showing off her mad skills.

TOP 8 *continued from page 11*

super easy to "fudge" by reading the last chapter on the assignment and calling it good. Those people are absolutely correct. Psh, reading. What a useless way to pass the time.

#2. Take an extra-long break.

Spring Break may be "officially" over, but it's never too late to go on another one! Take a week off for no reason and make sure no one knows. That is a great plan. It's still spring, after all.

#1. Don't go to class.

The number one, tried and true way to achieve your goal of failing a class is to ***just don't go***! No one is going to notice your absence, and I'm sure the professor will be able to keep up with who is in their class and who isn't in the midst of their busy work days.

In fact, they probably will drop you from the class, but you have to pay for it anyway. When you find yourself short a few hundred dollars by the time June rolls around, don't worry about it. I'm sure you didn't need that money or anything. Your GPA will thank you for it, and you may be able to graduate college by some miracle…Eventually.

Disclaimer: The views and opinions presented in this piece are purely satirical and the advice therein should not be heeded.
These "tips" may not represent the views or opinions of the staff of the Mat-Su Monitor or of Mat-Su College.

(Seriously, students, please don't do any of these things if you want to have a successful college career.)

Save the Date!
Mat-Su College
University of Alaska Anchorage
HOPE
WALKS HERE
#STOPSUICIDE
Mat-Su College Out of the Darkness
Campus Walk May 3rd at 11am.
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